References

Cemsinan Aslan, Coskun Bayukdere, Yusuf Koklu, Ali Ozkan (2011). The relationship among body composition anaerobic performance and back strength characteristics of sub-elite athletes. International *journal of Human Sciences*. Volume 8, page/rec No. 1612-1628.

Daneshmandi Hassan, Rahmaninia farhad, Shahrokhi Hussein, Rahonani, pegha in top atheletic. *Journal of Biomedical Science and Engineering*. Volume 3, page No 811-815.

Singh Balshinder, Kaur Parminder Singh Davinder (2011). Effects of a short term plyometric training program of agility in young basketball players. Brazilian *Journal of Biometricity*. Volume 5, pages/rec No 271-278.

Monte Adilson, Monte Fernanda(2007). Test of agility, reaction speed and velocity for tennis. *Revista Brasileira de cineaniropometria Desempenho Humano*. Volume 9, pages/rec No. 401-407.

Singh nandalal (2011). Study of trunk and body composition between foodball and badminton players *Journal of Physical Education and Sport*. Volume 11, pages/rec No.18-21.

Nuno Garrido, Daniel A. Marinho, Tiago M. Barbosa (2010).Relationships Between Dry Strength, Power Variables and short Sprient Performance in young competitive swimmers. *Journal of Human Sport and Exercise*. Volume 5, page/rec No. 240-249.

Jain Preeti, Mahajan Artisood, Jain Peeyush (2010). Effect of partial sleep Deprivation on Auditory Event Related Potential and Reaction time in Medical Students. *JK Science Journal of Medical Education and Research*. Volume 12, pages/rec No. 19-22.

Singh Baljinder, Yadav Satpal, Sinha Ankan (2010). Comparison of the Relative Strength Among the Different weight categories of Power lifters. *Citius Altius Fortius*. Volume 27, page/rec No.126-130.

Miyatake Nobuyuki, Miyachi Motoni, Tabata Izumi (2012). Relationship between muscle strength and anthropometric body composition parameters in Japanese adolescents. *Health*. Volume 9, page No.1-5.

Valizadeh Aydin, Azmoon Hamidreza (2012). The effect of eight weeks of Strength, Endurance and Concurrent training rograms on the upper and lower Body Strength. *Fizicekoe Vospitanine*. Volume 4, page/rec No.135-139.

Creta Marian, B Vladu Larisa (2010). Traning strategy development of explosive strength in volleyball. *Citus Altius forties*. Volume 26, page No. 51-58.

Bhutar V. Milind, Bhatar M. Pratima; Taware B. Govind (2011). How effective is sun solutation in improving muscles strength, General Body Endurance and body composition. *Asian Journal of Sports Medicine*. Volume 2, page No. 259-266.

Yildirim Nu, Erbaheci F, Erqun N. Pitetti KH, Beets MW (2011). The effect of a physical fitness training on reaction time in youth with intellectual disabilities. *J strength Cond Res.* Volume , pageNo. 1285-1292.

Jovanovic M. Sporis G, Omrcen D, Fiorentini F (2012). Effects of speed, agility, quickness training method on power performance in elite soccer players. *J Musculoskelet Neuromal Interact*. Volume , page No. 56-67.

Anliker E, Dick C, Rawer R, Toiso M (2012). Effect of jumping exercise on maximum ground reaction force and bone in 8 to 12 year old boys and girls: a 9 month randomized controlled trail. *J Strength Cond Res*. Volume , page No. 3391-3398.

Morton SK, Whitehead JR. Brinkert RH, Caine DJ (2011). Resistance training vs. static stretching effects on flexibility and strength. *J Strength Cond Res*. Volume ,Page No. 33191-33198.

Kraemer WJ, S Zivaik T.K (2012) strength training for the war fighter. *J Strength Cond Res*. Page No. 5107-5118.

Kocak ,AK, (2010). Coincidence-anticipation timing and reaction time in youth tennis and table tennis players. *Percept Mot Spercept Mot Skill*. Page No. 178-186